



ST DUNSTAN'S, CHEAM, C of E PRIMARY SCHOOL

Policy Subject: Healthy Eating

Date: January 2020

Review Date: January 2022

Vision Statement

'St Dunstan's – a thriving Christian school guided by the Good Shepherd, founded on faith, inspiring the best in everyone'

For all members of our school family we celebrate:

- excellent achievement and progress in all that we do
- learning for life in all its fullness
- Christian values alive within our school
- being at the heart of our community

Background

There has been much research into the health and well-being of school children in the UK. The *National Diet and Nutrition Survey: Young People aged 4-18 years* (DoH 2000) has highlighted that children in the UK are largely inactive and are eating less than half the recommended five portions of fruit and vegetables a day. In fact 20% of 4-18 year olds eat no fruit at all during the average week. These issues relate to the growing concern over the increasing prevalence of childhood obesity within the UK. Adopting a *Whole School Approach* and bringing together the theory of the classroom and the practice of the school kitchen can encourage healthy eating. Treating meals as part of the school day, rather than in isolation helps to develop healthy, social and enjoyable attitudes to eating.

Eating healthily in school can improve children's concentration, bringing higher levels of achievement and better behaviour.

Aim

A healthy lifestyle that we hope will be promoted into the wider community and continue into adulthood.

Objectives

- ❖ That the school and its community adopt an affirmative approach to healthy life style and diet and that this policy is widely promoted.

- ❖ To ensure all pupils and staff have access to safe, nutritious, healthy and appealing food and water within the school environment.
- ❖ To ensure that the curriculum promotes healthy eating and lifestyles
- ❖ That the school community provides a role model to enhance pupils' knowledge and understanding and to promote positive, healthy attitudes towards diet and life style.
- ❖ To ensure all food provision in school is based on the "Balance of Good Health" model
- ❖ Snack and meal times should be an opportunity for positive social interaction and promoting social skills
- ❖ That food provision should reflect cultural, religious and medical needs of our school community

How objectives are met

- ❖ Parents are informed of and encouraged to support the school's healthy eating messages by newsletter and by promotion at evenings for new parents
- ❖ Participation in the National Fruit Scheme
- ❖ All children are encouraged to bring in their own water bottle and given access to fresh drinking water throughout the day
- ❖ Children are only allowed to eat fresh fruit and vegetables for morning break snacks
- ❖ Children eating a school lunch are actively encouraged to have vegetables or salad as part of their choice – salad is available daily as an optional extra
Children who bring packed lunch are discouraged from bringing in sweet and sugary drinks
- ❖ Food is celebrated and seen as an important part of culture and tradition
- ❖ There are regular visits by the School Nurse
- ❖ School Environment Club promotes growing of own fruit and vegetables

Physical Activity

Physical activity contributes significantly to being healthy. Children are provided with a range of opportunities to be physically active.

They understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their everyday life. Our school ensures that children participate in at least recommended number of hours of physical activity per week. Our school offers extra curricular clubs including sports such as football, netball, cricket, fun and games club, rugby and gym club.

Monitoring and Review

Reference should also be made to policies for Science, Design Technology, PSHE and PE.

Headteacher and PSHE co-ordinator will monitor and evaluate the policy along with the whole school community in the light of any new developments and changes.

Written: January 2020

To be reviewed: January 2022